

COMPREHENSIVE HEALTH EDUCATION

The Board of Trustees believes that health education should foster the knowledge, skills, and attitudes that students need in order to lead healthy lives and avoid high-risk behaviors. The district's health education program shall be part of a coordinated school health system which supports the well-being of students and is linked to district and community services and resources.

- (cf. 1020 - Youth Services)*
- (cf. 3513.3 - Tobacco-Free Schools)*
- (cf. 3514 - Environmental Safety)*
- (cf. 3550 - Food Service/Child Nutrition Program)*
- (cf. 3554 - Other Food Sales)*
- (cf. 5131.6 - Alcohol and Other Drugs)*
- (cf. 5131.63 - Steroids)*
- (cf. 5141.22 - Infectious Diseases)*
- (cf. 5141.23 - Asthma Management)*
- (cf. 5141.3 - Health Examinations)*
- (cf. 5141.32 - Health Screening for School Entry)*
- (cf. 5141.4 - Child Abuse Prevention and Reporting)*
- (cf. 5141.6 - School Health Services)*
- (cf. 5141.7 - Sun Safety)*
- (cf. 5142 - Safety)*
- (cf. 5146 - Married/Pregnant/Parenting Students)*
- (cf. 6164.2 - Guidance/Counseling Services)*

Goals for the district's health education program shall be designed to promote student wellness and shall include, but not be limited to, goals for nutrition education and physical activity.

- (cf. 0200 - Goals for the School District)*
- (cf. 5030 - Student Wellness)*
- (cf. 6142.7 - Physical Education and Activity)*

The district shall provide a planned, sequential, research-based, and developmentally appropriate health education curriculum for students in grades K-12 which is aligned with the state's content standards and curriculum framework. The Superintendent or designee shall determine the grade levels and subject areas in which health-related topics will be addressed, in accordance with law, Board policy, and administrative regulation.

- (cf. 6011 - Academic Standards)*
- (cf. 6141 - Curriculum Development and Evaluation)*
- (cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Instruction)*
- (cf. 6143 - Courses of Study)*

The Superintendent or designee shall facilitate the formation of a community-wide, coordinated school health planning council that addresses major community health needs/concerns as well as the district's goals and priorities for healthy schools.

COMPREHENSIVE HEALTH EDUCATION (continued)**District Health Council**

The District Health Council may include, but not be limited to, representatives from the following groups:

- District school sites
- County Health Department
- County Family and Social Service Agencies
- After School programs
- Local Recreation District
- Local law Enforcement Agency
- Students
- Parents/Guardians
- Health Service/Student Support Service Staff
- Administrators
- Volunteer Agencies (Red Cross, Divide Community Services Network, etc.)
- Local Hospitals/clinics
- Safety Agencies

The Health Council shall meet on a regular basis throughout the school year to discuss, develop, refine, and implement improved levels of communication, cooperation, collaboration, and shared resources to promote safe and healthy schools and communities.

The Superintendent, or designee, shall report annually to the Board on the activities and achievements of the District Health Council.

Coordinated School Health Planning Components

Coordinated School Health consists of planned, integrated and school-affiliated programs designed to enhance the health of students, staff, families, and community through the following eight interrelated components:

- Comprehensive School Health Education
- Physical Education
- Parent/Community Involvement
- Healthful School Environment

COMPREHENSIVE HEALTH EDUCATION (continued)

- Health Services
- Counseling, Psychological, and Social Services
- Nutrition Services
- Health Promotion for Staff

The Superintendent or designee shall provide periodic reports to the Board regarding the implementation and effectiveness of the district's health education program which may include, but not be limited to, a description of the district's program and the extent to which it is aligned with the state's content standards and curriculum framework, the amount of time allotted for health instruction at each grade level, and student achievement of district standards for health education.

(cf. 0500 - Accountability)

(cf. 6190 - Evaluation of the Instructional Program)

Legal Reference: (see next page)

COMPREHENSIVE HEALTH EDUCATION (continued)

Legal Reference:

EDUCATION CODE

- 8850.5 *Family relationships and parenting education*
 - 35183.5 *Sun protection*
 - 49413 *First aid training*
 - 49430-49436 *Pupil Nutrition, Health and Achievement Act of 2001*
 - 49490-49494 *School breakfast and lunch programs*
 - 49500-49505 *School meals*
 - 51202 *Instruction in personal and public health and safety*
 - 51203 *Instruction on alcohol, narcotics and dangerous drugs*
 - 51210 *Areas of study*
 - 51210.8 *State content standards for health education*
 - 51220.5 *Parenting skills; areas of instruction*
 - 51260-51269 *Drug education*
 - 51513 *Personal beliefs*
 - 51880-51881.5 *Health education, legislative findings and intent*
 - 51890-51891 *Comprehensive health education programs*
 - 51913 *District health education plan*
 - 51920 *Inservice training, health education*
 - 51930-51939 *Comprehensive sexual health and HIV/AIDS prevention education*
- CALIFORNIA CODE OF REGULATIONS, TITLE 5
- 11800-11801 *District health education plan*

Management Resources:

CSBA PUBLICATIONS

- Asthma Management in the Schools, Policy Brief, March 2008*
- Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007*
- Physical Education and California Schools, Policy Brief, rev. October 2007*
- Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 2007*

Management Resources continued: (see next page)

COMPREHENSIVE HEALTH EDUCATION (continued)

Management Resources: (continued)

CSBA PUBLICATIONS (continued)

Sun Safety in Schools, Policy Brief, July 2006

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006

AMERICAN ASSOCIATION FOR HEALTH EDUCATION PUBLICATIONS

National Health Education Standards: Achieving Excellence, 2007

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Health Education Content Standards for California Public Schools, Kindergarten Through Grade Twelve, 2008

Health Framework for California Public Schools: Kindergarten Through Grade Twelve, 2003

WEB SITES

CSBA: <http://www.csba.org>

American Association for Health Education: <http://www.aahperd.org>

American School Health Association: <http://www.ashaweb.org>

California Association of School Health Educators: <http://www.cashe.org>

California Department of Education, Health Education: <http://www.cde.ca.gov/ci/he>

California Department of Public Health: <http://www.cdph.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Subject Matter Project, Physical Education-Health Project:

<http://csmpp.ucop.edu/cpehp>

Center for Injury Prevention Policy and Practice: <http://www.cipp.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

National Center for Health Education: <http://www.nche.org>

National Hearing Conservation Association: <http://www.hearingconservation.org>

Policy
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BLACK OAK MINE UNIFIED SCHOOL DISTRICT
Georgetown, California